



## Cobb County Government

### Department of Senior Services

## Ongoing Activities

Seniors (55+) are invited to participate in activities between the hours of 8:30am and 4:30pm.

### ***\*REQUIRES ADVANCED REGISTRATION***

Time	Activity	When
<b>MONDAY THROUGH FRIDAY</b>		
8:00 – 9:00 a.m.	Poole Pacers (walkers)	Daily
8:30 a.m. – 4:30 p.m.	Honor Library	Daily
8:30 a.m. – 4:30 p.m.	Billiards	Daily
3:30 – 4:30 p.m.	Poole Pacers (walkers)	No Wednesdays
<b>MONDAY</b>		
9:00 a.m.	Focus on Fitness*	Weekly
11:00 a.m.	West Metro GA Ambassadors	2nd Monday
11:30 a.m.	Mah Jongg	Weekly
1:00 p.m.	Mellow Monday Bingo*	4th Monday
<b>TUESDAY</b>		
9:30 a.m.	Yoga*	Weekly
10:00 a.m. – 1:00 p.m.	Creative Stitchery	Weekly
12:30 p.m.	Covered Bridge Woodcarvers	Weekly
1:00 p.m.	Blood Pressure Check	3 <sup>rd</sup> Tuesday
1:00 – 4:00 p.m.	Canasta & Bridge	Weekly
1:00 p.m.	Dominos	Weekly
2:00 p.m.	Friendship Club	3 <sup>rd</sup> Tuesday
<b>WEDNESDAY</b>		
9:00 a.m. – 10:15 a.m.	Focus on Fitness*	Weekly
11:00 a.m.	National Association of Retired and Veteran Railway Employees Unit 39 (N.A.R.V.R.E.)	2nd Wed.
1:00 p.m.	Rook	Weekly

1:00 p.m.	Wellness Series*	Monthly
1:00 – 2:15 p.m.	Beginning Ballroom Dance*	Weekly
2:30 – 3:45 p.m.	Intermediate Ballroom*	Weekly
<b>THURSDAY</b>		
9:00 a.m. – 12:00 p.m.	Open Bridge	Weekly
10:00 – 11:00 a.m.	Senior Aerobics*	Weekly
12:00 p.m.	AARP#2858 Chapter Meeting	1st Thursday
1:00 p.m.	Canasta (Hand and Foot)	Weekly
<b>FRIDAY</b>		
9:00 – 10:15 a.m.	Focus on Fitness*	Weekly
10:00 a.m.	Table Tennis/Ping Pong	Weekly
11:00 a.m. – 12:00 p.m.	Beginning Line Dance*	Weekly
1:00 – 2:00 p.m.	Intermediate Line Dance*	Weekly
1:00 p.m.	Pinochle	Weekly
8:00 – 11:00 p.m.	Moonlight Dance	1st Friday Night